



Creamy avocado and almond milk smoothie with raw cacao and raspberries

for 1 if replacing a meal during a fast/detox or for 2 as a snack in between meals

2 cups (approx. 500 ml) almond milk (or milk of your choice)
1 avocado (banana works too, but I like avocado better)
2 tbsp raw cacao
1 tsp vanilla extract (or 1/2 vanilla pod seeds scraped out)
1-2 tbsp agave syrup
pinch of sea salt

For the raspberries

250 g raspberries (thawed if using frozen)
2 tbsp agave syrup

- 1) Bring raspberries and agave syrup to a boil and cook for 4-5 minutes until soft and runny. Set aside. This can be made in larger batches and kept in the fridge for up to five days.
- 2) Mix all the ingredients for the smoothie to a creamy consistency in a blender.
- 3) Divide a couple spoonfuls of the raspberries between two glasses and pour the smoothie over. Have a spoon ready to be able to scrape all the goodness out!